

instant pot COOKING TIMES

VEGETABLES

Artichoke	8-11 mins
Asparagus	1-2 mins
Beans	1-2 mins
Broccoli	1-2 mins

Brussel Sprouts	2-3 mins
Carrots	2-3 mins
Cauliflower	2-3 mins
Corn	1-2 mins

Green Beans	2-3 mins
Mixed Vegetables	3-4 mins
Potatoes	12-15 mins
Spinach	1-2 mins

MEAT

Beef, stew meat	15-20 mins
Beef, pot roast	35-40 mins
Brisket	25-30 mins
Ribs	25-30 mins

Chicken Breasts	8-10 mins
Chicken, whole	20-25 mins
Chicken, cut up	10-15 mins
Chicken thighs	10-15 mins

Turkey breast, boneless	15-20 mins
Turkey breast, whole	25-30 mins
Pork loin, roast	55-60 mins
Pork, butt roast	45-50 mins

SEAFOOD

Crab	3-4 mins
Fish, whole	5-6 mins
Fish fillet	2-3 mins
Lobster	3-4 mins

Shrimp	1-2 mins
Mussels	2-3 mins

MISC

Eggs, hard boiled	4 mins
Quick oats	1 min
Steel-Cut Oats	10 mins
Brown Rice	25 mins

White Rice	4 mins
Wild Rice	20 mins
Pasta	4 mins
Meatballs	6 mins